

Aqua Coaching for Body and Mind (BAWE)

Integrated Physical and Mental Well-Being for Women Across the Lifespan

Aqua Coaching for Body and Mind is an evidence-based health and education program designed to support women's physical and mental well-being at every stage of life — from early adulthood, through menopause, and into later years, including women aged 60+.

The program combines aqua-based physical coaching, health education, and professional coaching for mental well-being, creating a holistic body–mind approach that supports long-term health, resilience, and quality of life.

Why Aqua Coaching for Body and Mind?

Women's health needs change over time. Hormonal transitions, joint stress, reduced mobility, chronic conditions, and aging-related changes often coexist with mental and emotional challenges such as stress, anxiety, reduced confidence, and social isolation.

Many traditional fitness programs are not adapted to these realities. Aqua Coaching for Body and Mind addresses this gap by offering a safe, low-impact, and inclusive program that supports both physical fitness and mental resilience.

Water-based training reduces strain on joints while enabling effective strength, balance, cardiovascular, and mobility training. The involvement of a qualified physical coach (Aqua Coach) ensures safety, personalization, and motivation, while coaching principles support sustainable lifestyle change.

What the Program Includes

- **Aqua-Coaching Sessions**
Evidence-based, low-impact sessions focusing on strength, balance, mobility, flexibility, and cardiovascular health, adapted to different life stages and abilities.
- **Physical Coaching & Safety**
Continuous guidance from a trained Aqua Coach to ensure correct movement, individual adaptations, and long-term adherence.
- **Mental Health & Coaching Support**
Professional coaching focused on self-awareness, emotional resilience, motivation, stress management, and sustainable behavior change.
- **Health Education**
Workshops covering menopause and hormonal health, bone and cardiovascular health, injury prevention, nutrition, and mental well-being.
- **Personalized Assessments**
Individual health and fitness assessments with tailored exercise and well-being plans.
- **Community & Peer Support**
Group-based sessions that foster connection, reduce isolation, and build supportive communities — delivered both online and in person across Europe.

Who the Program Is For

- Women in midlife and during the menopause transition

- Younger women focused on prevention, stress management, or post-partum recovery
- Women aged 60+ seeking to maintain mobility, balance, independence, and cognitive health
- Women with joint issues, chronic conditions, or long periods of physical inactivity

The program is suitable for women of different fitness levels and backgrounds and can be adapted to individual needs.

Expected Benefits

- Improved strength, balance, mobility, and overall fitness
- Reduced menopause- and age-related symptoms such as joint pain, fatigue, and sleep disturbances
- Improved mental well-being, emotional stability, and quality of life
- Increased confidence and long-term engagement in physical activity
- Stronger social connections and reduced isolation

A Scalable and Evidence-Based Model

Aqua Coaching for Body and Mind is designed as a replicable and scalable program, supported by standardized protocols, trained professionals, and continuous outcome monitoring. The model can be delivered through community centers, pools, wellness facilities, employers, and health organizations across different regions.

Project Mentors & Expertise

- Luisa Caprotti — Founder & CEO, Whiteready Srl Società Benefit Strategic leadership, international partnerships, and project governance.
- Noemi Viretti — Nurse & Aqua-Fitness Instructor Clinical safety, session design, and instructor training.
- Doctor Licia Garretti Radiology specialist
- Eva Usai Blumental — Professional Certified Coach & Mentor (EMCC Global) Mental health and coaching support, focusing on self-awareness, emotional resilience, motivation, and sustainable lifestyle change.

A Holistic Approach to Women's Health

By integrating physical coaching, mental well-being, and health education, Aqua Coaching for Body and Mind supports women not only during menopause, but across the entire lifespan — helping them stay active, confident, and resilient for years to come.
